

ESP - FOR ENTRY LEVEL PADDLERS

TRY LEARN EXPLORE

Try Learn Explore has been developed by Canoe Racing New Zealand based on the latest sport and education research to ensure new paddlers receive high quality learning experiences, develop confidence, wellbeing, skills, and most importantly, have fun!

Try Learn Explore is a structured framework that consists of three progressive levels to inspire a life-long love of paddling. Participants will learn and achieve skills/competencies around all aspects of paddling including equipment, understanding the environment and conditions and paddling technique, as well as water safety and confidence. This will all be taught and developed through games and activities with a focus on fun and wellbeing.

Eastside Paddlers are accredited by Canoe Racing New Zealand and participants can rest assured that they will enjoy positive early kayak experiences, whatever their needs or motivations.

Try Learn Explore is usually delivered by Eastside Paddlers on the Avon river in Christchurch, by the Fitzgerald Avenue Bridge. Sessions are usually (though not always) at the weekends with times being reliant on coach availability. We typically cater for groups of up to 5 paddlers per session for Try Learn Explore, and endeavour to bring participants of similar ages together. For this reason we operate a waiting list and will run kayak sessions once there are sufficient numbers to fill the available five spots.

In order to paddle with us you must be able to follow instruction, swim 50 metres in light clothing while wearing a buoyancy aid, be able to submerge and close your airways without taking in water, and if you have a disability - be self transferring .

As a general rule, children aged 8-10 years and up are best suited to giving our sessions a go. This is however a very rough guide as some children develop much earlier than others mentally and physically. If you are at all unsure, get in touch and we will be happy to discuss your child's situation.

Once try Learn Explore has been completed, paddlers then have the option to progress to our more advanced program Tagata Folau

TAGATA FOLAU

THE NAVIGATOR

FOR THOSE WHO WISH TO CONTINUE THEIR KAYAKING JOURNEY
BEYOND OUR ENTRY LEVEL PROGRAMS

We recognise everyone is an individual and has a different reason for kayaking. Whether that is to have fun and be active and healthy, to socialise and be a part of a community, to test yourself against others, or even to race a kayak at the Olympicswe are there to help you navigate your own way forward at your own pace.

Our Head Coach, Paul Fidow, has coached and managed athletes and teams at all levels of Sprint Kayaking, and has a wealth of experience and knowledge that he is prepared to share.

We are clear in our philosophy that YOU set the direction of your waka..... YOU are the Tagata Folau - *the navigator*. We will support you, and provide coaching and a safe environment to learn and improve as long as you need/want us to be on board.

We know our local community in the East and understand the pressures and barriers faced by many. Our coaches do not charge for their services, and work in the Tagata Folau space in their spare time, free of charge.

